

## **Simple Acupressure Techniques:**

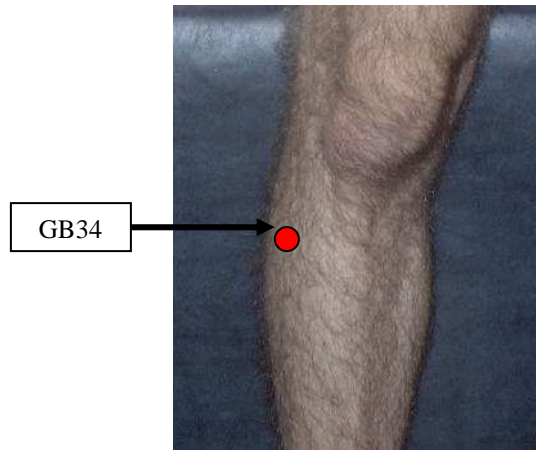
Each of the following points can be stimulated by pressing / massaging with your fingers, “pulsing” them with the spring-loaded button of a ball-point pen (see picture), or, if you happen to have a laser pointer available, you can direct the laser on the points. Regardless of the stimulation method, usually 2 to 3 minutes of stimulation per point is adequate to get results. Longer periods of stimulation are safe, and you can repeat the treatments as often as needed.



*Figure 1. On the left, point stimulation with a ball point pen button is shown. It is not necessary to push hard enough to actually “click” the pen, simply push in against the spring to partially push the button in and release with quick, repeated movements. On the right, stimulation with a laser pointer is shown – simply shine the laser on the point you are treating.*

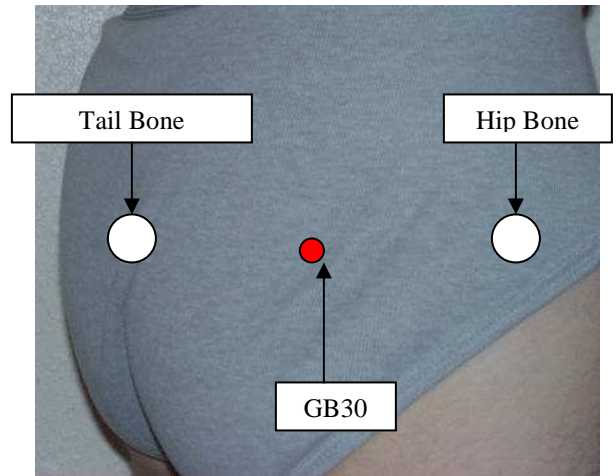
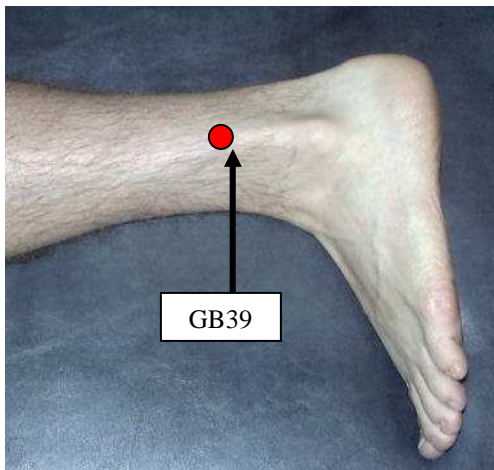
Don't let the location of the points confuse you - acupressure points may be nowhere near the site of pain, but they can still be very effective. You'll notice that some points are used for more than one site of pain. If you aren't sure if you're on the right spot, feel around in the general area where the point should be and you will usually find a tender spot – that is usually the point to treat. It is usually most effective to treat the points on the side of the body where the pain is, so if you only have pain on one side, start with the points on that side, but it may be helpful to do the recommended points on both sides of the body.

Point For All Types Of Joint, Disc, or Muscle Pain:



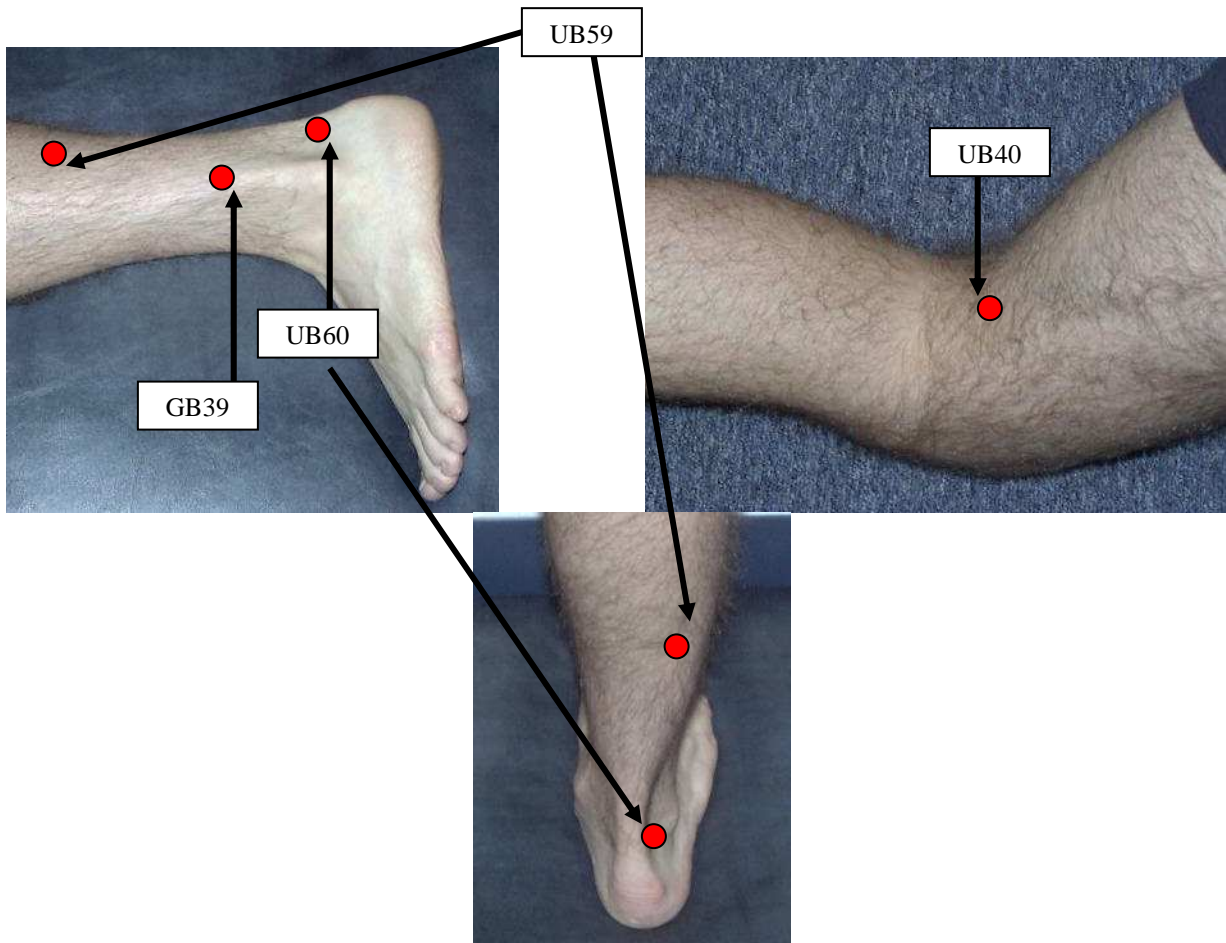
*Figure 2. GB34 is a treatment point that can be used for any type of musculoskeletal pain. It is located about three finger widths below the kneecap on the outside area of the lower leg in a depression just in front of the fibula bone. It is recommended that you begin with this point and then use the points on the next pages that correspond to your specific problem area(s).*

## Sciatica Points:



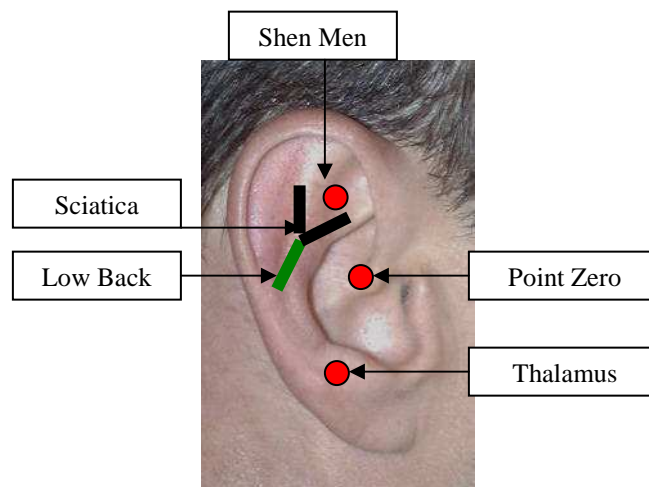
*Figure 3. GB30 – located in the buttock between the hip and the tailbone. GB39 – located about 3 finger widths above the bone that sticks out on the outside of your ankle at the back edge of the bone.*

## Low Back Pain Points:



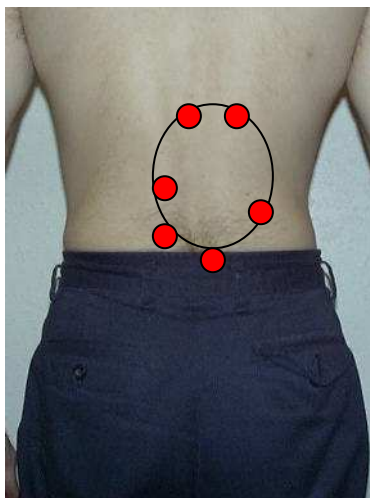
*Figure 4. GB39 – located about 3 finger widths above the bone that sticks out on the outside of your ankle at the back edge of the bone. UB40 – located in the center of the back of the knee at the very lower end of the thigh bone. UB59 – located just to the outside of the Achilles tendon where it attaches to the lower calf muscle. UB60 – located just to the outside of the Achilles tendon about 1 finger width above the top of the heel bone.*

## Ear Points For Back Pain, Neck Pain, And Sciatica:



*Figure 6. Shen men, point zero, and the thalamus point can be used for any pain, and the specific areas for the back and sciatica are shown. Stimulation of these points is usually accomplished best by either the ball point pen button or laser pointer methods.*

Besides the specific points shown, there is a concept in acupressure called “Surround The Dragon” – which basically involves finding tender spots around the site of pain (search the edges of the painful area for points that are tender to touch), and then stimulating them (using any of the methods mentioned previously).



*Figure 7. “Surround the Dragon” – if the circled area was where you felt pain, you would push with your fingers to find tender points around the border of the painful area and treat any points you find with either fingertip massage, pen-button stimulation, or laser stimulation.*